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Our Website:

www.anxietycanada.ca

Provincial Associations

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Ontario: www.anxietydisordersontario.ca

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Here it is hot off the cyber-press, ADAC/ACTA's second newsletter. This newsletter is meant as a forum to bring you information on what we at ADAC/ACTA are doing, to bring you some studies on anxiety disorders and to bring you success stories. Please send us your story or the story of someone whose accomplishments you are proud of. We will add an article written by a consumer in each issue under our Consumers Speak Up section. Remember, your stories inspire others.

From the President

This month an article was featured in Maclean's magazine regarding an on-line health survey of Canadians. The survey, conducted by self report with more than 5,100 people, covered many areas including; diet, exercise, alcohol and drug use, longevity, and emotional health. In the article it states that, "Emotional symptoms are the biggest problem identified by people at almost every age." (Maclean's, June 2, pg. 48). We applaud Maclean's for their exploration of emotional health; however, we will have achieved our goal when all publications recognize both anxiety disorders and depression equally, as major mental health concerns. In particular, we would note that depression often occurs with anxiety disorders and in some cases is the result of untreated anxiety conditions.

As a national organization, ADAC/ACTA aim to promote the prevention, treatment, and management of anxiety disorders. Our highest priority is to provide excellent education and resources for the public. Recently, we hosted a consumer conference on a variety of these disorders including generalized anxiety, social phobia, post traumatic stress, and obsessive compulsive disorders. We were very pleased to have offered this important information at no charge to the public, and the response was tremendous, with standing room only. Clearly, the need for good evidence based information is imperative. In response to this, we plan to host another consumer conference in the spring of next year. However, recognizing that not everyone would be able to attend such an event, we will continue to offer the most accurate,

Word game by Madalyn Marcus

Anxiety Disorders are Real, Common and Treatable

Y	Y	A	O	O	A	A	W	A	R	E	N	E	S	S
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R	R	N	R	H	C	O	N	S	U	M	E	R	O	N
E	E	E	E	E	E	A	S	K	O	O	B	M	O	N
H	H	A	A	R	H	E	A	O	B	E	M	I	O	U
T	T	C	T	L	R	T	U	T	F	O	T	I	O	E
E	R	C	M	P	E	I	O	H	C	N	T	C	T	H
V	U	M	E	N	T	A	L	H	E	A	L	T	H	E
I	O	D	N	L	M	N	Y	V	C	A	E	R	T	O
T	I	N	T	P	E	O	E	I	N	Y	U	O	G	E
I	V	T	L	E	F	R	D	X	T	L	S	P	N	B
N	A	E	A	T	P	E	I	E	A	A	T	P	E	U
G	H	A	T	N	M	E	A	O	E	O	R	U	R	C
O	E	L	B	A	T	A	E	R	T	R	P	S	T	Y
C	B	H	A	Y	R	A	R	W	E	H	F	O	S	E

ACTA
ADAC
Anxiety
Awareness
Behaviour Therapy
Books
Cognitive Therapy
Common
Consumer
Depression
Fear
Freedom
Help
Medication
Mental Health
Prevention
Psychotherapy
Real
Resources
Strength
Support
Survivor
Treatable
Treatment

information and resources through our web site.

If you know of others who could benefit from the wealth of information that we offer, please direct them to our site. I have no doubt that emotional issues are of great concern to a majority of people, as Maclean's noted with their survey. It is our mission and commitment to you that we will continue to provide the most pertinent, high quality education and resources regarding anxiety issues. Anxiety disorders are real, common, and treatable, and we will keep you informed of the many new educational initiatives we have planned, in the coming months. So until then, be well and have a safe and relaxing summer.

Sincerely, Sherry Holt M.Ed

From the Executive Director

One of the many benefits of working from a home office is that I get to admire the first poppies when they blossom like balls of fire in my garden and I get to breathe in the fragrance of my white lilacs as I enjoy reading the many emails and answering phone calls from consumers and/or the people supporting those living with an anxiety disorder.

I am regularly blown away by the love and devotion of parents of kids with anxiety disorders. Talking openly about anxiety is a new concept that has yet to be adopted by everyone mostly because of a lack of understanding of what it is. My personal goal as Executive Director is to create more programs that will demystify anxiety disorders so that the general public can see just how common it really is. With this in mind ADAC/ACTA will be launching a National awareness campaign in universities and cegeps this coming Fall. Be sure to check our website in August to see which schools have accepted our invitation to participate in what we believe will be a life altering program for the young Canadian adults facing leaving home for the first time and facing the pressures of setting out the path towards beginning their career.

The board of directors voted to put on another consumer conference next spring and based on the positive feedback from our consumer conference this past April I think it is a wise decision. I will update our website with more information when it becomes available. I can however tell you that the 2009 Consumer conference will be a bilingual one held in Montreal. So for those of you who live out of province, start saving those AirMiles or Railmiles so that you can join us.

I'm always happy to help guide you towards the resources that will help you and your loved ones find treatment for anxiety disorders. You can either leave a

ADAC/ACTA bracelets are available.



These fun bracelets are a nice way to celebrate the efforts you've made or someone you care about has made towards dealing with an anxiety disorder. It is a royal blue silicone bracelet with the inscription: Anxiety Disorders are REAL, COMMON and TREATABLE followed by our website address. Go to our website to download an order form today.

If you are uncomfortable receiving gifts at your birthday, anniversary, wedding etc. ask your friends and family to make a donation to ADAC/ACTA in your honour. What a better way to celebrate than to help others also! Contact us and we'll be happy to send you donation cards or simply ask your friends to go to our website where they can make a secure online donation.

message on our toll free number or send me an email and I'll get back to you as quickly as possible. Also be sure to look at our *RESOURCES* section on our website.

Enjoy the sunshine and the heat!

Geneviève Charette

Consumers Speak Up!

By Amy Sky

RECOVERY FROM POST PARTUM DEPRESSION

When my daughter Zoe was born at nine o'clock in the morning, I was marginally conscious. I had labored all night and I was completely exhausted. After being assured the baby was healthy I really just wanted to go to sleep. I basically felt that way for about the next three months. It was almost like my brain had split then. There was a part of me that was committed to her wellbeing, fighting with another part of my brain that just wanted to check out into blackness. This was the beginning of an emotional roller coaster.

I remember waking up the first day out of the hospital and all my senses seemed out of whack. Every noise seemed incredibly loud. Every color was hyper vivid. I remember taking a shower with some Body Shop soaps and the smell was overpowering - almost psychedelic. I had planned on staying in Toronto for about six weeks before I went back to Los Angeles, where I was living at the time. The hallucinations started around week two.

One day I was just sitting with the baby sleeping peacefully at my feet.

I was on the couch trying to read a book, and I suddenly noticed all the electrical things that were plugged into the walls. I saw the lamp cords, and the TV and the various appliances. I had a panic attack. I was convinced that we were circled by electricity and that we were going to be electrocuted. I grabbed the baby and I ran out of the house. I also obsessed about other things and became very, very fearful. I was a young woman who left the comfort and security of her Toronto home, at the age of twenty-two with nothing more than a suitcase and a guitar, for an apartment in Nashville where she knew only one person. I would not have described myself previously as a fearful person. Another incident that stands out was the sensation that my father-in-law, who I had never met and had passed away three years earlier, had come in the middle of the night in spirit form to visit the baby.

I called my doctor, and he said based on my symptoms I had post-partum depression, and he prescribed anti depressants. But I was in denial so I wouldn't take them. Depressed? I was not sad. I was . . .emotional. I was kind of just....whacky. But aren't all new mothers? We knew something was wrong. But depressed? Not me, no way. I would cry, but it seemed to be related to things you could explain.please go to our website at www.anxietycanada.ca for the continuation of this story click on **Anxiety Disorders**, then on **Post Partum** then on **Success Stories**.

Studies on Anxiety Disorders

Post Traumatic Stress Disorder and Physical illness in Canada

Briana Melia and Jitender Sareen MD

While numerous researchers are focusing in on anxiety disorders, few have explored extensively their association with physical disabilities. Among the anxiety disorders, posttraumatic stress disorder (PTSD) seems to have the greatest likelihood of physical health problems. Dr. Jitender Sareen and his research team at the University of Manitoba examined the impact of PTSD in Canada (1) using a large Canadian survey with over 36,000 participants. Individuals were interviewed about their anxiety, along with other health issues both mental and physical. Some of the interview questions included discussion of post-traumatic stress disorder (PTSD), chronic physical conditions, non-PTSD mental disorders, past-month well-being, past-month distress, two-week disability, and long-term disability. This study found that approximately 1% of the Canadian population had been diagnosed by a health professional with PTSD. This is likely an underestimate of the true prevalence of PTSD because most people with PTSD are not seen or diagnosed by a professional.

Researchers also discovered that all the mental disorders examined were more likely among those suffering with PTSD compared to those without PTSD (especially major depression, social phobia, and drug dependence). Additionally, the study revealed that individuals with chronic physical disorders such as asthma, arthritis, back problems, chronic fatigue, and migraines were much more likely to also be diagnosed with PTSD. Also, PTSD was associated more moderately with cancer, fibromyalgia, bowel disorder, hypertension, and heart disease. Some physical disorders that this study found to have no association with PTSD were diabetes, thyroid conditions, epilepsy, and stroke.

The outcomes of this study highlight the importance of proper diagnosis of PTSD as well as physical disorders and the need for treatment for both conditions. Individuals suffering physically, from disabilities like chronic fatigue, migraine headaches, or arthritis, for example, may become more anxious due to the pain and in turn, the pain increases due to anxiety. The strong relationship between physical disabilities and PTSD is an area in need of further exploration, and future research will help to promote effective treatment for these disorders.

1. Sareen, J., Cox, B., Stein, M., Afifi, T., Fleet, M., & Asmundson, G. (2007). Physical and mental comorbidity, disability, and suicidal behavior associated with posttraumatic stress disorder in a large community sample. *Psychosomatic Medicine*. Apr;69(3):242-8.

[Ce document sera disponible en français sur notre site web à partir du 15 juillet](#)

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